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SIMON SAYS 'BRITNEY'S QUITE MEAN' {page 18}

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PHILADELPHIA
Wednesday, September 12, 2012

The Harvard of K-9 college opens in Philly

RIKARD LARMA/METRO

Penn veterinarian creates training center to establish best training practices for police dogs Homeland Security will learn from center's work {page 02}

▶ Dr. Cynthia Otto, a veterinarian at the University of Pennsylvania, took care of dogs as they searched Ground Zero in the days after Sept. 11, 2001.

wellbeing

Get it on (and on and on)!

The benefits of sex can't be underestimated {page 20}

news

Clinton still Dems' top star

Former prez, not Obama, is most popular pol {page 10}

the word

How now Chris Brown?

A neck tattoo of a beat up Rihanna-ish woman?! {page 12}

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Training furry heroes

- America's best and brightest canines will receive training at new Penn Vet Working Dog Center
- Facility will serve as research for best practices in canine training

When rescue crews responded to Ground Zero in the aftermath of the 9/11 terrorist attacks, one of the most important components were detection dogs who used their noses to find survivors in the rubble.

The work of those dogs was inspiration for the Penn Vet Working Dog Center, which opened yesterday on the 11th anniversary of the tragedy.

The center is headed by Dr. Cynthia Otto, a veterinarian at the University of Pennsylvania, who treated the detection dogs at Ground Zero and after Hurricane Katrina. The nonprofit center will train a small number of dogs for detection, but primarily focus on research to help those in the field determine the best training and breeding methods.

"Not every dog can do this work. Your average pet dog's not going to do that work," Otto said. "They have to have the mental capacity, the physical capacity and the drive to actually persist at that."

The research could prove particularly helpful given the shortage of detection dogs bred domestically. Most working dogs, even those used by the military, are European-bred, according to Otto.

The center will not only observe the behavior of the dogs, but will also analyze their DNA.

After the dogs complete their yearlong training, they will be sold or donated to local or regional law enforcement agencies, Otto said.

The two finest dogs will work with the University of Pennsylvania Police Department as their only detection dogs.

David Kontny, an official with the U.S. Department of Homeland Security, said his agency will be keeping an eye on the work taking place at the center.

"I think we need to look to see what academia is doing across the country and really solidify that and take the things that they learn from research and apply it across the country, whether it's with Homeland Security or [other] agencies," Kontny said following the opening ceremony.

Otto said her hope is that the center will not only benefit those training detection dogs, but also yield some lessons for the average pet-lover.

"The information that we gather here ... that has relevance to all of the different working fields, as well as some things that will be important for pet dogs that will help people learn to have a better relationship with their dog," she said.

SOLOMON D. LEACH
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RICARD LARNA/METRO

▶ Bretagne, a young golden retriever, is part of the first class of puppies at the Penn Vet Working Dog Center.

Quoted

"Not every dog can do this work. Your average pet dog's not going to do that work, they have to have the mental capacity, the physical capacity and the drive to actually persist at that." OTTO

7
Number of dogs in the first class at the Penn Vet Working Dog Center

24
Number of dogs the center plans to train in its first two years

$600K
Amount of total donations for the center, which needs to raise another $1.5 million

Named after Ground Zero

All of the dogs at the center are donated from kennels or breeders. While their breeds vary, Otto said it is important that the dogs are no more than a few months old, so that the training can begin when they are impressionable, but not scared.

"We're interested in the health and performance," she said.

As a tribute to the dogs involved in the 9/11 search and rescue, each of the seven dogs in the first class has been named after a dog who worked at Ground Zero. The center, which is funded through charitable donations, has also matched the dogs with foster families who are Penn employees.

As a nonprofit, the center is also looking for volunteers. Those interested in volunteering should visit the website, www.pennvetwdc.org.

METRO/SDL

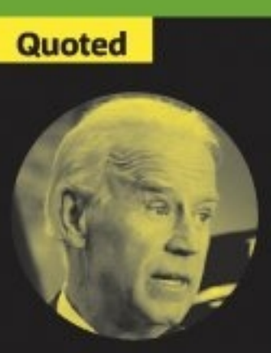
In the news

Parking tax vetoed

Mayor Michael Nutter yesterday vetoed legislation that would have added a $4 surcharge to all parking tickets. The ordinance, introduced by freshman Councilman Mark Squilla, would have earmarked $2 for the upkeep of city parks and $2 for the Philadelphia Parking Authority's oversight of taxis and limousines. Nutter said earmarking the proceeds is illegal.

METRO

Quoted



"We wish we weren't here. We wish we didn't have to be here. We wish we didn't have to commemorate any of this."

VICE PRESIDENT JOE BIDEN, AT THE MEMORIAL YESTERDAY IN SHANKSVILLE FOR UNITED AIRLINES FLIGHT 93

Woman pleads not guilty in silicone injection death

NEW JERSEY. Kasia Rivera, 35, pleaded not guilty to manslaughter charges in a Newark court yesterday in the death of an East Orange man during an alleged botched penis enlargement procedure at her home, according to a report in The Star-Ledger.

Prosecutors allege that Rivera, who has no medical training, injected the penis of Justin Street, 22, with silicone last May.

The substance instead went directly into his bloodstream, causing an embolism that shut down his organs and led to his death the next day.

Rivera was indicted by grand jury last month for Street's death.

METRO/AW

Two cops charged with stealing from city utilities

PHILADELPHIA. Following investigations by the Internal Affairs Bureau and District Attorney's Office, police Lt. Aisha Perry, 53, and officer George Suarez, 54, were arrested and charged with stealing utilities from city gas, water and electricity departments.

Suarez, a 25-year veteran, is charged with ten counts of theft of services and risking a catastrophe and six counts of conspiracy. Perry, a 31-year veteran, is charged with six counts of theft of services and risking a catastrophe.

6 Counts of theft charged against Perry, a 31-year veteran of the police department

METRO/AW

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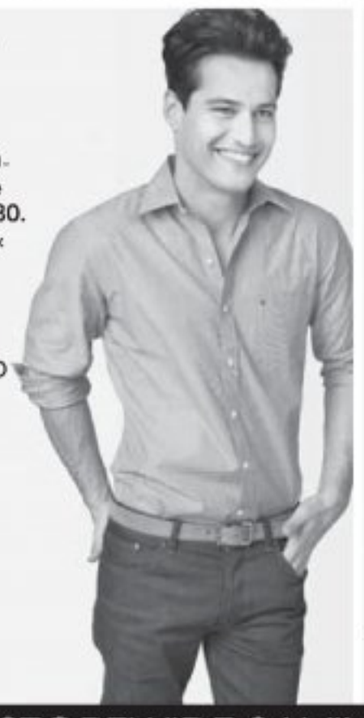

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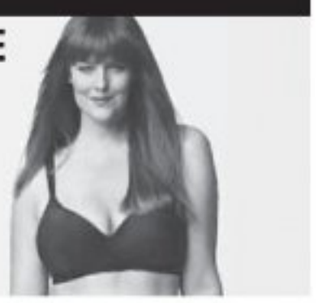

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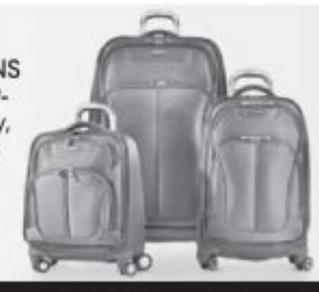

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Stabbing in a home known for its conflict

Day full of crime

The incident was one of several violent crimes since Sunday:

- Pregnant woman Atiya Perry, 24, was found strangled in her home on the 800 block of East Chelten Avenue in East Germantown shortly before 2:30 p.m. Monday. Police said further investigation allegedly revealed that Perry had been killed during a domestic dispute Sunday afternoon. Perry's live-in boyfriend Roysce Haynes, 28, is charged with murder and criminal homicide of an unborn child.

- Kharee Tillmon, 18, was shot in the chest at the Cecil B. Moore Recreation Center playground on the 2200 block of West Huntingdon Street in North Philadelphia shortly before 6 p.m. and died at Temple University Hospital.
- Naeem Giles, 24, was shot five times at point blank range on the 4600 block of Horrocks Street in Frankford shortly before midnight and pronounced dead on the scene. **METRO/AW**

PHOTOS BY BERARD LABMA/METRO

▶ A police SUV, below, remained at the Pratt Street scene.

Carrie Calhoun, who has been living on the 1200 block of Pratt Street in Frankford for 14 years, said that when she readied herself for a doctor's appointment yesterday morning, the fight she overheard between her next door neighbors was not unusual.

"They argue all the time," Calhoun said of the mother and son who moved in about a year ago, identified only as Annie and Emmanuel. "The cops are always here. I didn't pay it any mind because it happens so much — until I saw the ambulance."

Amanda Wise said that 16-year-old Emmanuel bolted from his home and ran across her lawn to a house across the street, where she saw a teen believed to be his cousin trying to prop up his bloody body up in the doorway. A trail of blood was still spattered across the pavement yesterday afternoon, marking his path of escape.

Neighbors said they also saw Emmanuel's mother running after him — with a knife. The mother was taken into custody and the teen was hospitalized at Aria-Torresdale in serious condition with stab wounds to his side, arm and ear.

Residents of the block said the mother has a history of mental illness and violent outbursts. "She accused me of jumping on her and beating her up," said Calhoun, who has had two knee replacements. "She convinced her entire family. And she truly believed it."

"I heard him yelling, 'Get off of me,' and she was yelling, 'I'm going to kill you.'"
CALHOUN

Neighbors were shaken by the incident.

"I heard him yelling, 'Get off of me,' and she was yelling, 'I'm going to kill you.'" Calhoun said. "I've lived here 14 years and nothing like this has ever happened. Who would have thought it would escalate to this?"

Wise agreed.

"It's a great neighborhood," she said. "Well, it was. Until she moved in."

No one had been charged as of last night and a spokeswoman for the district attorney, Tasha Jamerson, did not know of the incident yesterday afternoon. A Special Victims Unit detective said it is being investigated as a case of child abuse.

ALEX WIGGLESWORTH
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Boeing plant back up after evacuation

GETTY IMAGES

▶ Boeing's plant south of Philadelphia reopened full operations after a brief shutdown to part of the facility.

Some 500 employees of the sprawling Boeing Co. facility in a suburb south of Philadelphia were evacuated yesterday morning after a bomb threat was telephoned to the plant, a spokesman for the company said.

Boeing spokesman Damien Mills said the evacuation took place at about 10:30 a.m., but following an investigation by authorities, the facility resumed full operations at the beginning of the company's second shift at 2:30 p.m. The workers evacuated were located in a section that makes Boeing's CH-47 Chinook helicopters. The 6,200 worker facility also builds the V-22 Osprey aircraft for the U.S. military. He said the evacuated employees were either sent home for the day or to other areas of the plant, which is located in Ridley Township, south of Philadelphia in Delaware County.

The evacuation comes amid tensions surrounding the anniversary of the Sept. 11, 2001, attacks, when nearly 3,000 people were killed by airliners hijacked by Islamist militants.

It also coincides with heightened concerns about workplace violence, including an episode in New York last month when a man shot and killed a former co-worker near the Empire State Building and an incident in suburban New Jersey when an employee shot two co-workers before taking his own life.

Mills would not say if any dangerous objects were found by investigators, but did say authorities concluded the plant was safe for full operations to resume. METRO/REUTERS

More headlines

The Boeing facility made headlines last year when federal agents raided it and arrested more than 30 employees for allegedly distributing or trying to get prescription drugs, among them powerful painkillers.

9/11. Honoring firefighters

▶ Philadelphia firefighter Kathleen Donovan showed students how to spray a charged line.

RICARD LARMA/METRO

Philly preschoolers honored city's 'Bravest'

As a part of Firefighters' Appreciation Day, Councilmen Jim Kenney and Mark Squilla yesterday led students from Alphabet Academy in South Philadelphia on a visit to Engine 10, Ladder 11 at 11th and Reed streets. Firefighters from the station were the first responders to a two-alarm fire at the preschool in February 2005, safely evacuating all 59 children and 17 adults. Students presented them with a giant thank-you card recognizing their heroism. METRO

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In the news

Taliban raked in $400M from diverse sources

UNITED NATIONS. The Taliban raised about $400 million last year from sources that included donations, taxing local economies and extorting money from such targets as drug dealers, cell phone operators and aid projects, according to a U.N. report on the militant Islamist group released yesterday.

The report to the U.N. Security Council by the sanctions monitoring team said that about $275 million of that reached Taliban leadership and the rest was collected, spent or misappropriated at the local level.

REUTERS

Obama says 9/11 victims will never be forgotten

President Barack Obama said yesterday that the Sept. 11 victims would be remembered "no matter how many years pass," as Americans marked the 11th anniversary of the attacks in which nearly 3,000 people were killed by airliners hijacked by Islamist militants.

Two of the passenger jets brought down the Twin Towers of New York City's World Trade Center, another hit the Pentagon outside Washington and a fourth crashed in a field in Pennsylvania when passengers aboard that flight fought back against the hijackers.

Obama, speaking at the Pentagon where 184 people were killed, told victims' families that the whole country shares their loss.

"Eleven times we have paused in remembrance and reflection, in unity and in purpose," Obama said. "This is never an easy day, but it is especially difficult for all of you, the families of nearly 3,000 innocents who lost their lives."

"This is never an easy day, but it is especially difficult for all of you, the families of nearly 3,000 innocents who lost their lives"
PRESIDENT BARACK OBAMA

"But no matter how many years pass, no matter how many times we come together on this hallowed ground, know this: That you will never be alone, your loved ones will never be forgotten. They will endure in the hearts of our nation because through their sacrifice they helped us make the America we are today, an America that has emerged even stronger."

Speaking under clear blue skies that recalled the crisp morning of Sept. 11, 2001, Obama said America's fight is not with Islam but with al Qaeda, the group responsible for the attacks, and its allies.

REUTERS

POOL PHOTO

▶ At Ground Zero in New York where the towers once stood, the annual reading of the list of 2,983 people killed at the three sites began at 8:39 a.m. yesterday.

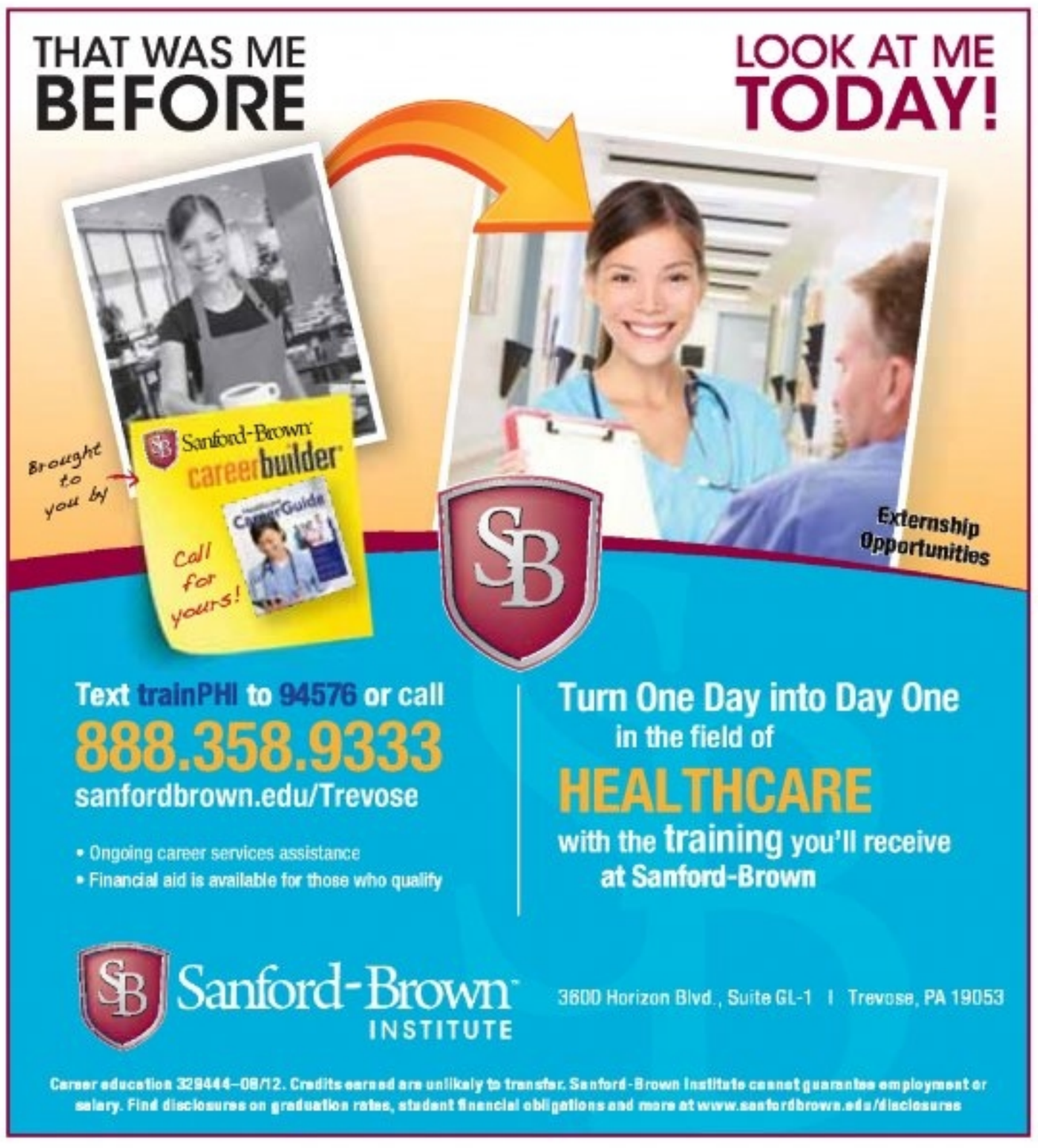
IRS awards $104m to UBS tax whistle-blower

WASHINGTON. U.S. tax authorities have awarded $104 million to a whistle-blower in a major tax fraud case against Swiss bank UBS AG that widened a government crackdown on Americans avoiding taxes in Switzerland, his lawyers said yesterday.

Bradley Birkenfeld, freed from prison, was not present at a news conference where his attorneys announced a reward made under an Internal Revenue Service whistle-blower program that has come in for some criticism in Congress.

Birkenfeld had sought a large payout for his role in a tax-dodging case that resulted in early 2009 in UBS entering into a deferred prosecution agreement and paying $780 million in fines, penalties, interest and restitution.

REUTERS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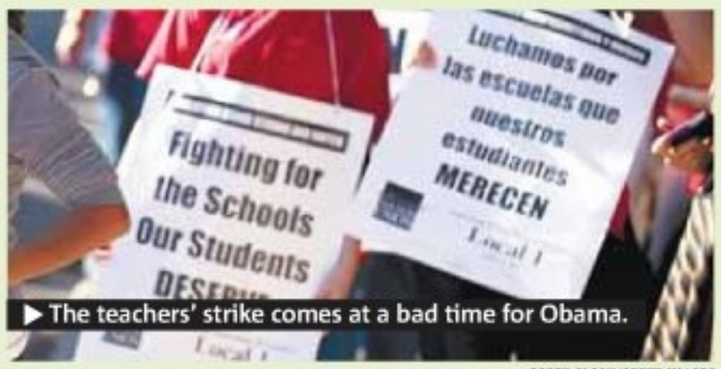
News in brief

Chicago teacher strike could give Obama headache

CHICAGO. The Chicago teachers' strike is putting President Barack Obama's re-election campaign in a bind, pitting unions loyal to him against officials with ties to the White House. The Obama camp needs to be careful not to upset the unions, which it needs for campaign funds and to do ground work leading up to the Nov. 6 election, while not alienating independent voters who are worried about the Democrats being too close to powerful labor groups.

While not directly involved, Obama is associated in many minds with local politics in his hometown, where one of his current cabinet members, Education Secretary Arne Duncan, formerly oversaw the schools and now endorses the changes that have angered teachers. And Mayor Rahm Emanuel is a former Obama chief of staff. **REUTERS**



▶ The teachers' strike comes at a bad time for Obama.

SCOTT OLSON/GETTY IMAGES

Romney's vouchers system could take years to begin

Republican presidential candidate Mitt Romney wants to turn Medicare into a voucher system, and President Barack Obama hopes that fact alone will help him win votes among senior citizens and baby boomers.

But health policy experts, including two analysts who first floated the idea of Medicare vouchers 17 years ago, say no such plan is likely to become legislation — let alone law — until after the next presidential election in 2016.

That's because the mere notion of fundamentally revamping the $590 billion-a-year health-care program, which serves 50 million elderly and disabled Americans, raises a multitude of policy issues that no politician or policymaker has addressed publicly. **REUTERS**

Boehner says he's not confident about avoiding 'fiscal cliff'

U.S. House of Representatives Speaker John Boehner voiced concern yesterday that a divided Washington may be unable to avoid a looming "fiscal cliff" at the end of this year that could push the country into a recession.

"I'm not confident at all," Boehner, the top Republican in Congress, said of the chances of success by Capitol Hill and the White House to resolve a number of fiscal issues, including expiring tax hikes for millions of Americans and automatic spending cuts, known as a sequester, totalling $1.2 trillion that will begin to go into effect in January.

"The House has done its job on both the sequester and on the looming tax hike that will cost our economy 700,000 jobs. The Senate at some point has to act. And on both of these, where's the president, where's the leadership?" Boehner asked.

Business leaders and economists have warned that allowing the across-the-board spending cuts to go into effect at a time when tax cuts enacted in 2001 and 2003 will also expire could drain the struggling U.S. economy of spending power.

Few political experts expect Congress to tackle the issues along with huge federal budget deficits and debt before the Nov. 6 presidential and congressional elections.

Moody's Investors Service said yesterday that the United States may lose its triple-A debt rating if budget negotiations failed to reduce the record U.S. debt, which recently topped $16 trillion.

Rival ratings agency Standard & Poor's stripped the United States of its top ratings last year after Congress failed to come up with a long-term deficit reduction plan and political fighting brought the country to the brink of default. **REUTERS**

ROLL CALL/GETTY IMAGES

▶ Speaker John Boehner, R-Ohio, conducts a news conference after a meeting of the House Republican Caucus in the Capitol.

"The House has done its job on both the sequester and on the looming take hike. ... Where's the president, where's the leadership?"
BOEHNER

Metropolitik

CONN CARROLL
SENIOR EDITORIAL WRITER FOR THE WASHINGTON EXAMINER

THEY LOVED CLINTON, NOT OBAMA

Two more polls, two more pieces of evidence that the Democratic National Convention gave President Barack Obama's re-election campaign a big boost. First, according to CNN, Obama now leads Romney 52 percent to 46 percent among likely voters. Before the conventions, CNN had Obama up 49-47. Second, according to The Washington Post, Obama now leads Romney 49 percent to 48 percent among likely voters. Immediately prior to the conventions, Romney led by 2 points.

So what exactly about the Democratic Convention did Americans love so much? Not Obama. According to Gallup, which currently shows Obama's convention bounce at about 2 points, only 43 percent of adults thought Obama's convention speech was "excellent." The rest of America either thought it was "OK" (17 percent), "terrible" (16 percent), or had no opinion (24 percent). Independents had even lower opinions of Obama, with just 35 percent rating the speech "excellent" while 39 percent said it was "OK" or "terrible."

Now contrast those numbers with former-President Bill Clinton, whose speech was rated "excellent" by a full 56 percent of American adults. That's 13 points better than Obama's performance. To the extent that Democrats got a bounce out of their convention, it is not an Obama bounce. It is a Clinton bounce.

Quoted

Clinton managed to "work his will" and form bipartisan compromises. ... Obama, on the other hand, has completely failed to work with today's Congressional conservatives.

In his new book, "The Price of Politics," Bob Woodward writes, "It is a fact that President Obama was handed a miserable, faltering economy and faced a recalcitrant Republican opposition. But presidents work their will — or should work their will — on important matters of national business. ... Obama has not."

Clinton managed to "work his will" and form bipartisan compromises with then-Speaker Newt Gingrich, who no one has ever accused of being shy about practicing partisan politics.

Obama, on the other hand, has completely failed to work with today's Congressional conservatives. The American people will eventually figure this out.

— Conn Carroll (ccarroll@washingtonexaminer.com) is a senior editorial writer for The Washington Examiner. Follow him on Twitter at @conncarroll.

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THE WORD

Metro's **Monica Weymouth** shares her take on the world of gossip @monicaatmetro monica.weymouth@metro.us

The feed ...

▶ Checking in with some of Hollywood's biggest names to see what they've been up to — in their own words, in 140 characters or fewer.

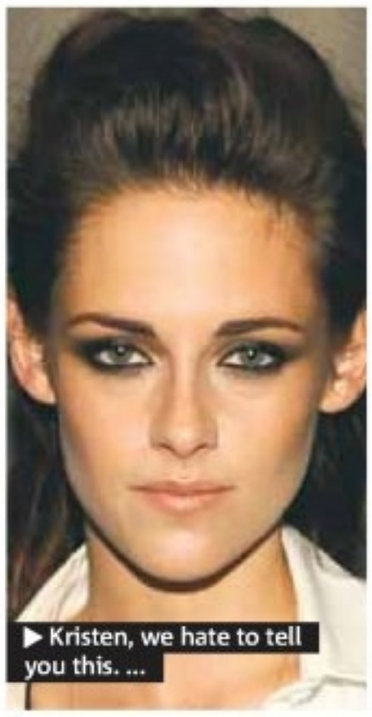
@Joan_Rivers
I love Fashion Week in New York. Everyone is so chic! I just saw a bag lady wearing a pantsuit made from old "Will Work For Food" signs.

@SteveMartinToGo
Ah, summer's almost over and fall is almost setting in. Which proves that you can tweet anything.

@mindykaling
Eating poorly at healthy restaurants is kind of my jam

James Franco chatting up Kristen Stewart?

ALL PHOTOS GETTY IMAGES



▶ Kristen, we hate to tell you this. ...

▶ But this is not what we'd call an upgrade.

Although she's still shuffling through airports in **Robert Pattinson**'s T-shirts, it seems **Kristen Stewart** may be entertaining the idea of moving on. The actress was spotted chatting with a "smitten" **James Franco** at the Toronto Film Festival, reports RadarOnline.

"There was a lot of flirting, and Kristen was overjoyed by the attention she was getting from James, who was gushing over her, saying what a great actress he thinks she is, and was full of praise for her latest movie, 'On the Road,'" a source tells the site. "At the end of their chance meeting, James took Kristen's number and asked her out for dinner. Kristen initially said no but is mulling over the idea. She knows she has to move on now following her breakup with Rob." (Is it just us, or does this "source" sound like Kristen Stewart giving herself a pep talk in the bathroom mirror?)

Now, we wouldn't have initially put Franco and Stewart together, but maybe they can bond over complaining about fame while taking roles in blockbusters. Plus, Franco's so pretentious these days, we bet he has a stronger British accent than Pattinson.

Never change, Tara Reid

They just don't make them like **Tara Reid** anymore. The sometimes-actress, always-party girl was caught on camera stumbling around St. Tropez last weekend like it was spring break 1998. In quite possibly the drunkest three minutes we've seen this side of college, the actress fell into a row of motorcycles, brought a friend down with her and then just barely boarded a yacht, all without even a flicker of shame.

Lindsay Lohan, you better up your game.

Chris Brown is killing us

Chris Brown is sporting a questionable new neck tattoo — even for Chris Brown, even for a neck tattoo. The singer's latest ink depicts what appears to be the bruised face of a woman who looks suspiciously similar to **Rihanna**, whom he was convicted of assaulting three years ago. Brown's publicist is denying that the tattoo is of Rihanna, as if that somehow makes it classier.

Alley attempts Cruise control

Longtime Scientologist **Kirstie Alley** is coming to **Tom Cruise**'s defense after Vanity Fair published an article alleging that the church acts as his eerie matchmaking service.

"Whenever you have articles written that are third and fourth parties' opinions, it's like the game Gossip and you don't get the truth. I think that a magazine of that caliber should have interviewed him, and then they would get the truth," Alley told "Entertainment Tonight."

Vanity Fair, for the record, did their duty as a "magazine of caliber" and reached out to Camp Cruise.

Metro, for the record, thinks Tom Cruise is a beautiful alien sent here to learn our ways and steal our hair products.

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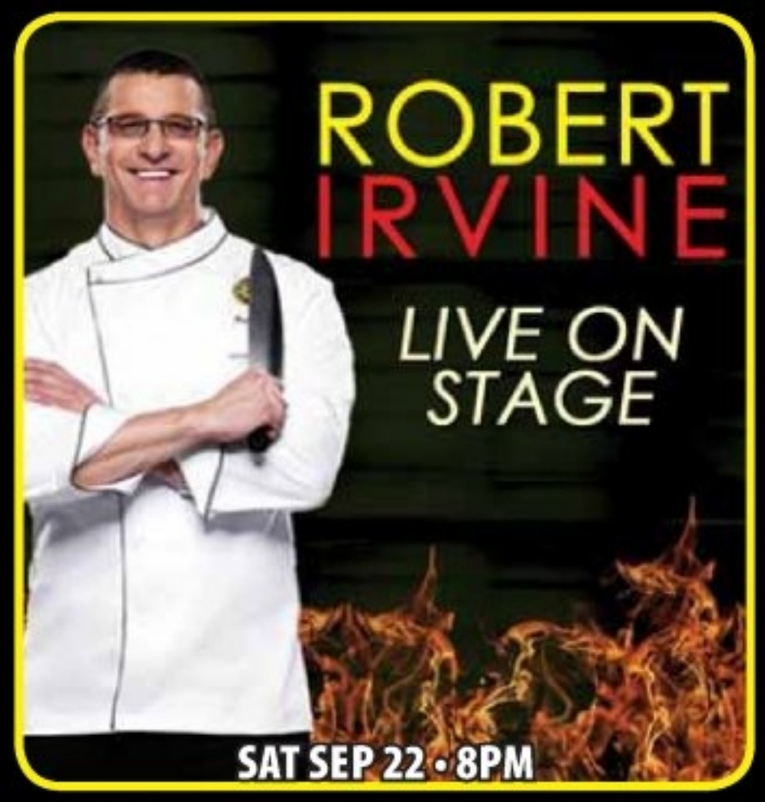

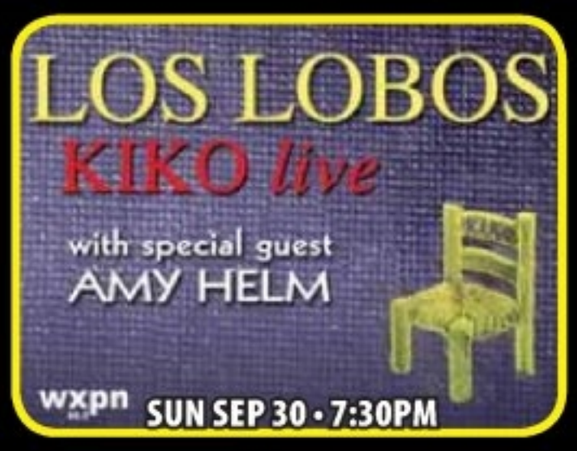

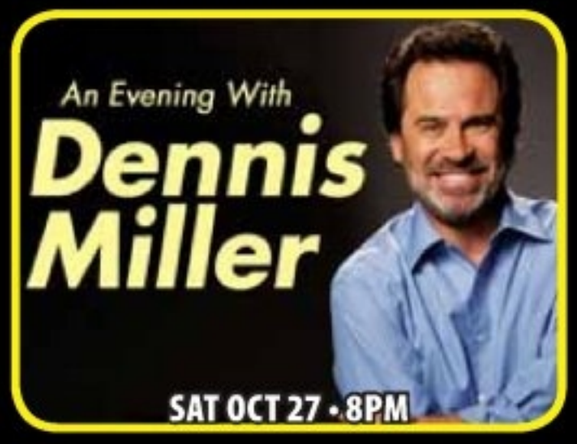

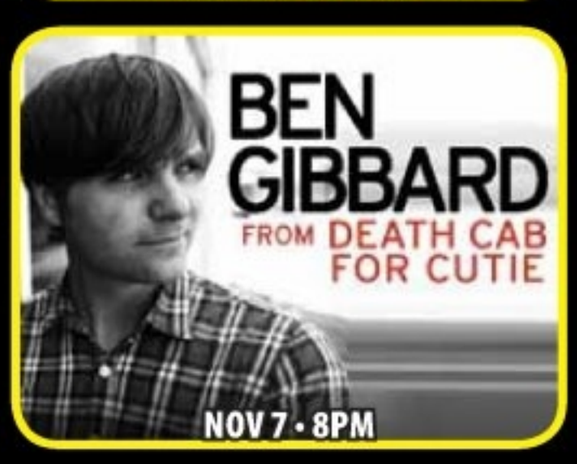

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▶ Bradley Cooper stars as the conflicted author Rory Jansen, opposite Jeremy Irons in "The Words."

CBS FILMS

Mr. Confident, suddenly scared

Bradley Cooper was shaken by his latest role in a drama directed by his best friend 'I was worried I really didn't get Rory'

For Bradley Cooper, signing on to star in "The Words" — co-written and co-directed by his childhood best friend, Brian Klugman — was a no-brainer. But that doesn't mean he was entirely comfortable actually playing Rory Jansen, a struggling writer who discovers a lost manuscript and passes it off as his own, leading to overnight literary success.

"I was very scared that I was going to fail [Klugman and co-director/co-writer Lee Sternthal] when they asked me to do it," Cooper admits. "I said yes because I would do anything for them. Brian is my best buddy. It was a week before shooting, I was reading the script one last time, and he knew I was worried that I really didn't get Rory."

Quoted

"I don't see Rory as a slimebag at all. I see Rory as a man who's not really a man and grappling with what it is to be a man." COOPER

The multilayered film follows Rory's rise to fame while also telling the story recounted in the lost manuscript, a tragic love story set in post-World War II Paris between a young American G.I. (Ben Barnes) and French woman (Nora Arnezeder). Framing all of that is an established author (Dennis Quaid) retelling the entire tale, with a very interested listener (Olivia Wilde) pressing him for more details. The film itself gave Cooper a kind of thrill he hasn't necessarily gotten in a while, as Klugman "got me to places I didn't know I could get to," he says.

While the act of plagiarism at the heart of the plot may be tough for audiences to sympathize with, Cooper found a way of understand Rory's decision.

"It's much more complicated than a plagiarist who wants success. His goal is not to be a famous writer. His goal is to meet the expectations he has of himself," Cooper explains. "I don't see Rory as a slimebag at all. I see Rory as a man who's not really a man and grappling with what it is to be a man. I think his Achilles' heel is his impatience. And the thing I really liked about the script, and the hook for me, was the fact that he actually is a good writer. He's not a poor writer who's just looking for any way to get success, but he's just so preoccupied with living up to some idea [of] who he thinks he should be. That's his fatal flaw."

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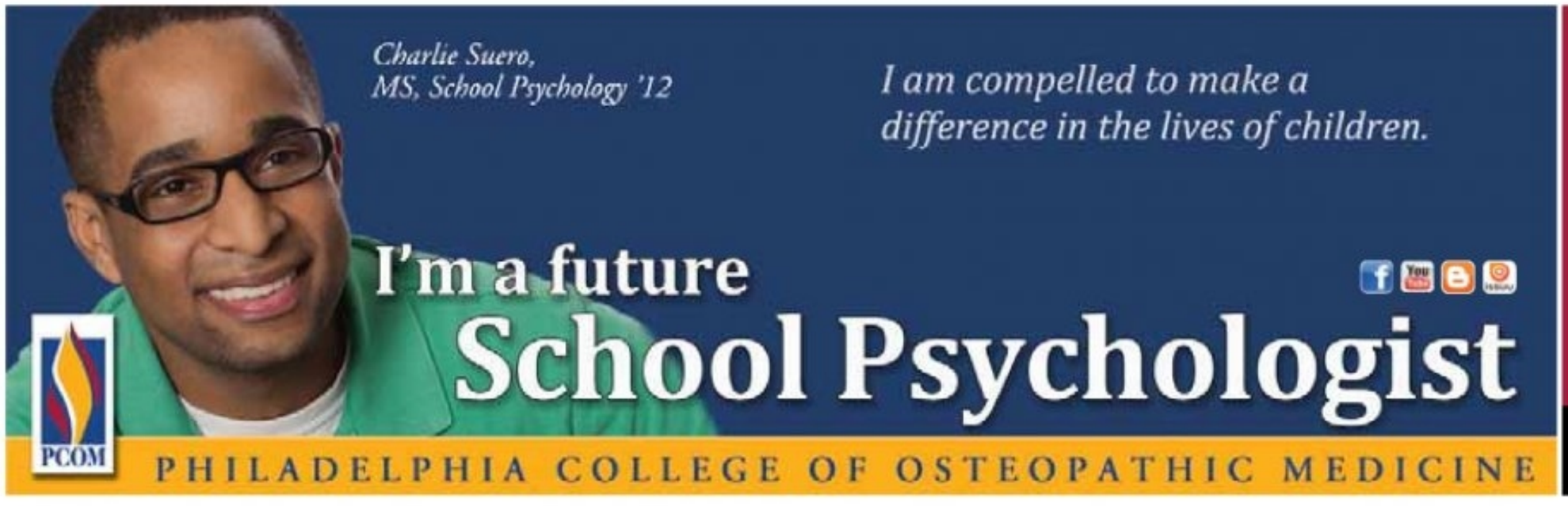

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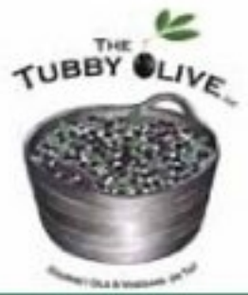

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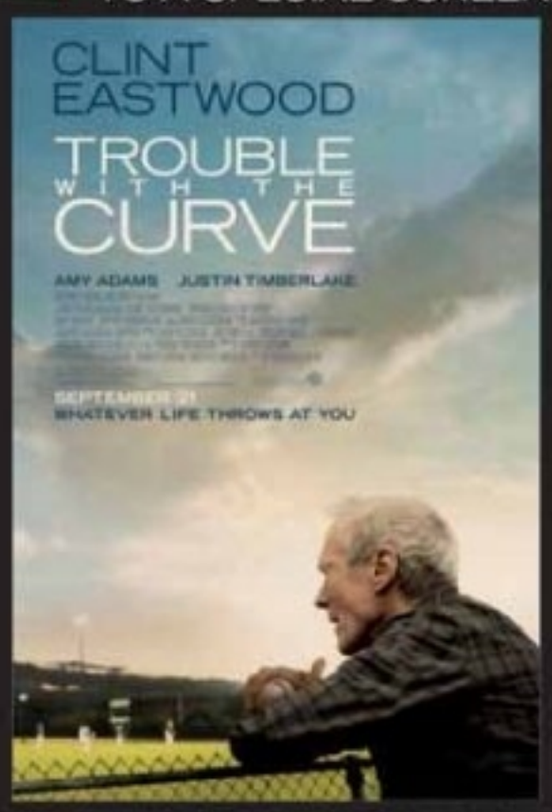

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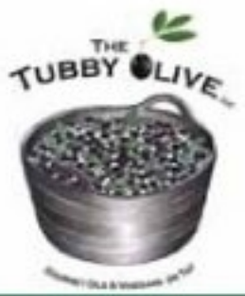

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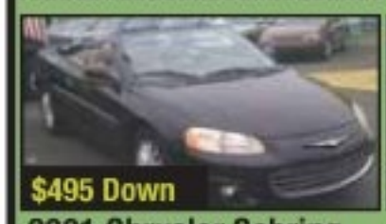
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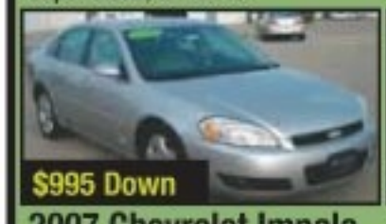
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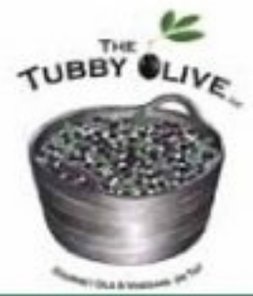

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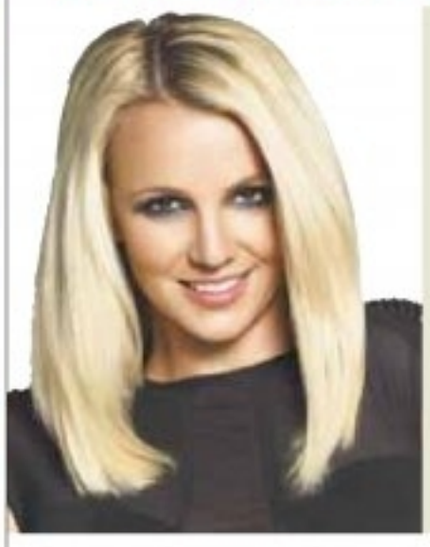
Do they have the 'X Factor'?

A new crop of singers shoots for stardom But all eyes will be on judges Britney Spears and Demi Lovato



Britney Spears

Why she joined:
Spears began thinking about the show thanks to an unlikely source — the makeup artist she shares with Cowell. "We talked about ['The X Factor'] a couple of times when I was on tour, but really never took it seriously until she went back and she started working for him," Spears says of the go-between. "Then we just all met up, and it made sense."

What she brings:
Few have weathered the ups and downs of stardom the way Spears has. "I've been able to help this talent come in and achieve their dream, and I can relate to them ... because I started out at such a young age. I know the foundation and the depth of what you go through," she says.

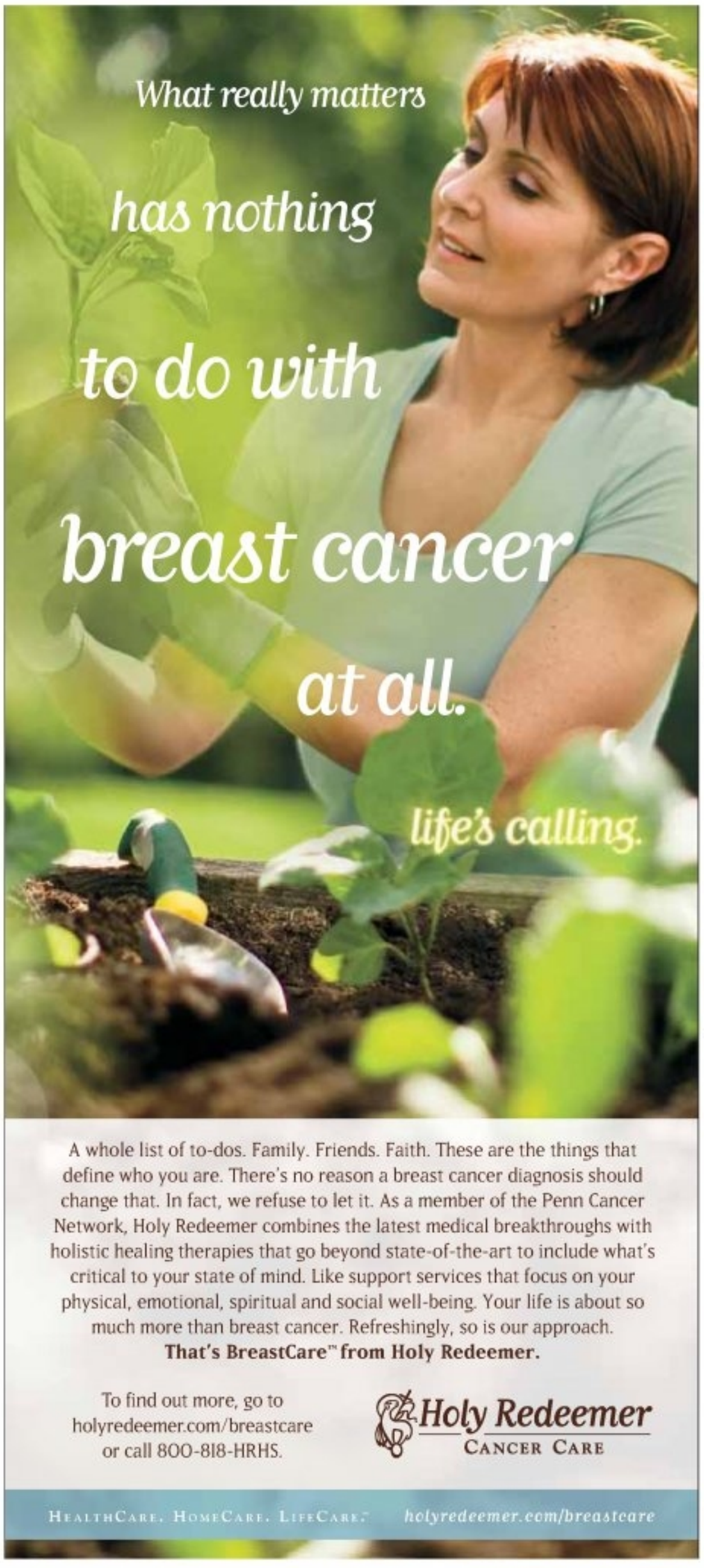
AMBER RAY
amber.ray@metro.us

Demi Lovato

Why she joined:
Lovato had dreams of auditioning for "American Idol" — not that the former Disney star needed that show to achieve fame — but found her way onto a reality competition regardless. "By the time that I turned 19, here I am sitting on the panel with [Cowell, the former 'Idol' judge]. I never thought that I would be doing this. It's such an honor."

What she brings:
Lovato — who has worked in the industry for 10 years, or half her life — views her youth as an advantage. "I know what my friends like," she says. "We're in our early 20s and late teens, and it's a really interesting thing when you bring a much younger demographic into the competition. [Teens are] really great judges. We know what is needed in this industry."

"The X Factor" premieres tonight at 8 on Fox.



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Prostate Health Assessment Event

The Kimmel Cancer Center at Jefferson and Prostate Health International's Gary Papa Run are offering free prostate screenings as part of a research program. Prostate cancer is the second leading cause of cancer death among men. Screening is important because prostate cancer shows no symptoms in its earliest stages.

Baseline screening is recommended for all men age 35 years and older.

Free screenings, offering a blood test for prostate specific antigen (PSA), testosterone and cholesterol, and a digital rectal exam will take place at the following two locations:

- Wednesday, **September 19, 2012**, 9 a.m. to 3 p.m., at the Kimmel Cancer Center – Bodine Building Jefferson University Hospital, Center City
- Tuesday, **September 25, 2012**, 9 a.m. to 3 p.m., at the Radiation Oncology Pavilion at Jefferson's Methodist Hospital

Registration is required. To register for your free screenings, or for more information, call **1-800-JEFF-NOW.**

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mywellbeing

Dr. Clement's keys to super sex:

- Proper nutrition
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- And ... wheatgrass? "Wheatgrass will do more to enhance people's sex lives than Viagra," he says. "I guarantee it."

Why you need to have more sex

The benefits go beyond those final moments of ecstasy Why Viagra should stay out of your cabinet

According to Brian Clement, N.M.D., Ph.D., L.N., "Everything we do is sexual. Even this conversation is sexual." Though that's news to us, we get what he means: Sex is as fundamental and natural an urge as eating and sleeping.

"Sexual vitality is important to a healthy body and to mental well-being, but social and religious oppression has turned it into something bad," states Dr. Clement, the director of the Hippocrates Health Institute in West Palm Beach, Fla.

Dr. Clement's latest book, "7 Keys to Lifelong Sexual Vitality," co-authored with the Hippocrates Institute's co-director, his wife Anna Maria Clement, N.M.D., Ph.D., L.N., strives to debunk sexual stigmas and put us on track to having great sex — for our entire lives. And that doesn't mean resorting to Viagra or any other drug.

"That's the synthetic answer," he says. "Most of the Viagra taken is by young guys aged 20 to 28 using it as a recreational drug. By the time they're 35 or 40, they won't be able to perform sexually. Our book talks about sustainable intimacy without the mental, religious or social stigma and indoctrination."

LIFESIZE

▶ Yes, this is good for you — thank you, universe.

He's not talking about a sexual free-for-all, though: "Promiscuous sex is as damaging to the psyche as no sex," says Dr. Clement.

According to the book, a healthy lifestyle aids sexual health. In return, healthy sex strengthens the immune system, relieves stress and depression, lowers blood pressure and more. "Sex floods the body with good hormones," says Dr. Clement. "Your self-image improves, your mental well-being improves. Sexual repression causes many mental health problems."

LINDA CLARKE
letters@metro.us

Health notes

Free breast cancer discussion

Learn about breast cancer straight from a nurse and a survivor tomorrow at 1 p.m. at Opportunities Tower I and II, 1717 West Hunting Park Ave., in North Philadelphia. Philadelphia Corporation for Aging's "Passing on Wisdom" seminar will go over breast cancer prevention, risk factors, signs and symptoms and treatment plans. The event is free and open to the public.

Get your BP checked

Nearly one in 10 Southeastern Pennsylvanians haven't had a blood pressure screening in the past year, according to Public Health Management Corporation's Community Health Data Base. Knowing your blood pressure is crucial because hypertension (high blood pressure) is linked to heart attack, heart failure, stroke and kidney disease.

Free yoga from Athleta

Athleta is hosting a slew of activities for National Yoga Month. Pop by any shop on Saturdays in September for complimentary yoga classes, and visit www.athleta.com/yogamonth each day for tips, classes giveaways and activities all centered on the centering practice.

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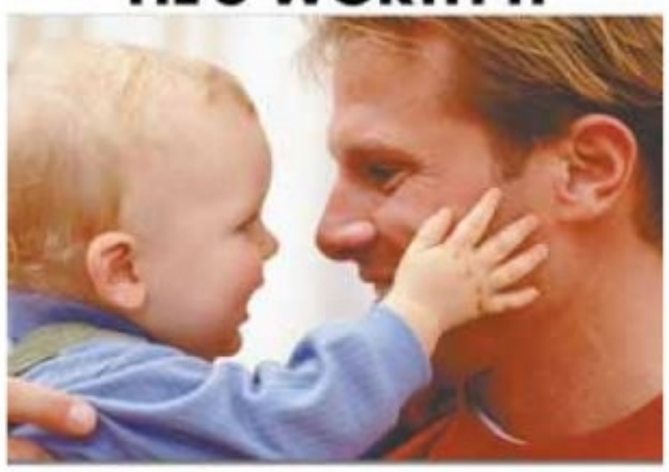

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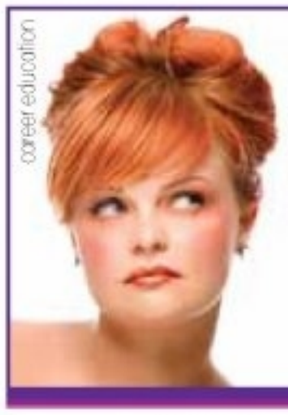

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Letters

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Dems picking all the wrong friends

RE: "LOVE'S LABORS LOST TO LEFT HATE-SLINGING" (METRO, SEPT. 10) After reading about all the hatred against Mia Love, you would think the same Democrats who claim to be champions of women and minorities would be denouncing the hatemongers. No surprise that the same Democrats who claim to be pro-woman support Bill Maher and rap music. They were silent when Obama was taking "donations" from Maher, the CAIR and a rapper who calls women "bitches." As for race, could you imagine what would happen if someone did the same thing to Michelle Obama's Wikipedia page? Democrats hate women and minorities who can think for themselves because the DNC still idolizes racists like Robert Byrd and Al Sharpton. **ROCCO LORE, VIA E-MAIL**

It's a real shame that some people don't want people such as Mia Love to express themselves. That is what this country is supposed to be about: diversity of thought and respect for each other's opinions and ideas. **BARBARA TARVYDAS, VIA E-MAIL**

To hateful mouths: Insert left foot

RE: "COLUMN RAISES KANE ON HOW BOTH SIDES TREAT FEMALE POLS" (METRO, SEPT. 11) Letter writer Douglas Brown manages to shoot himself in the foot quite nicely in the Sept. 11 letters. After whining about how the right-wing conservatives (or "wrong-wing conservatives," as he calls them) are the ones who taught the left how to hate, he brings up one of the most obvious cases of left-hate paranoia in recent years: the shooting of Gabby Giffords. Of course, he doesn't mention Giffords by name — nor Sarah Palin, who the left immediately blamed for the shooting spree of Jared Loughner, who was revealed to have no political motive for his insane actions.

But that's the loving left: Once they start with an an accusation, they just keep repeating it until they even believe it themselves. **FRANK DIXON, VIA E-MAIL**

Douglas Brown thinks that people shouldn't call each other names based on political views, then proceeds to do just that. Have you ever seen greater hypocrisy? It's clear that there are ignorant name-callers on both sides of the bipartisan divide. If playing "he-said, she-said" is your political game of choice, then you are part of the problem and no one is going to want to hear about any of your solutions. **HANS HAUGEN, VIA E-MAIL**

Dems like freedom of this press

I have finally come to the realization as to why Metro letter writers are all liberals: The paper is free. **LARRY DELICATA, VIA E-MAIL**

Quite a long-term lesson plan

RE: "HELPING THEM REMEMBER TO NEVER FORGET" (METRO, SEPT. 11) I don't mean to lessen the importance of 9/11, but is it really laudable for an English teacher to devote an entire year to teaching it? As opposed to teaching, say, English? I sincerely hope that was just hyperbole on your part. **MARY SMITH, VIA E-MAIL**

E-mail your letters: letters@metro.us

Keep them as brief as possible, preferably under 100 words.
Metro reserves the right to edit all letters.
Please include your name and contact information.

Horoscope

♍ Virgo **Aug. 23-Sept. 22.** An important commercial involvement is not likely to be conducted along conventional lines. However, this departure from traditional methods could present you with a great opportunity.

♎ Libra **Sept. 23-Oct. 23.** Although you might get paired up with a new and unfamiliar partner in order to pursue a mutual interest, you'll enjoy every minute of it.

♏ Scorpio **Oct. 24-Nov. 22.** our chances for success will be greatly enhanced if you truly enjoy what you are doing. It will be up to you, however, to make the love of your task the motivating factor.

♐ Sagittarius **Nov. 23-Dec. 21.** Establish lofty objectives for yourself, regardless of how far-fetched they may appear to be to your companions. You'll perform better if you feel you have to push yourself a bit.

♑ Capricorn **Dec. 22-Jan. 19.** Don't lose faith, even if the going gets tough. Things should work out to your ultimate advantage, but only as long as you focus on victory.

♒ Aquarius **Jan. 20-Feb. 19.** Decisions you make in which you are looking out for a loved one's interests along with your own have excellent chances of working out the way you're hoping.

♓ Pisces **Feb. 20-March 20.** Your chances for personal gain are much stronger than usual today, especially if you get involved with some type of commercial arrangement with an influential friend.

♈ Aries **March 21-April 19.** It is smart not to delegate an assignment to others that you're capable of doing better than anybody else. You work on it.

♉ Taurus **April 20-May 20.** You're a resourceful person to begin with, so it isn't unlikely that you'll come up with one of your better ideas today. It not only could be profitable for you, but for everybody involved.

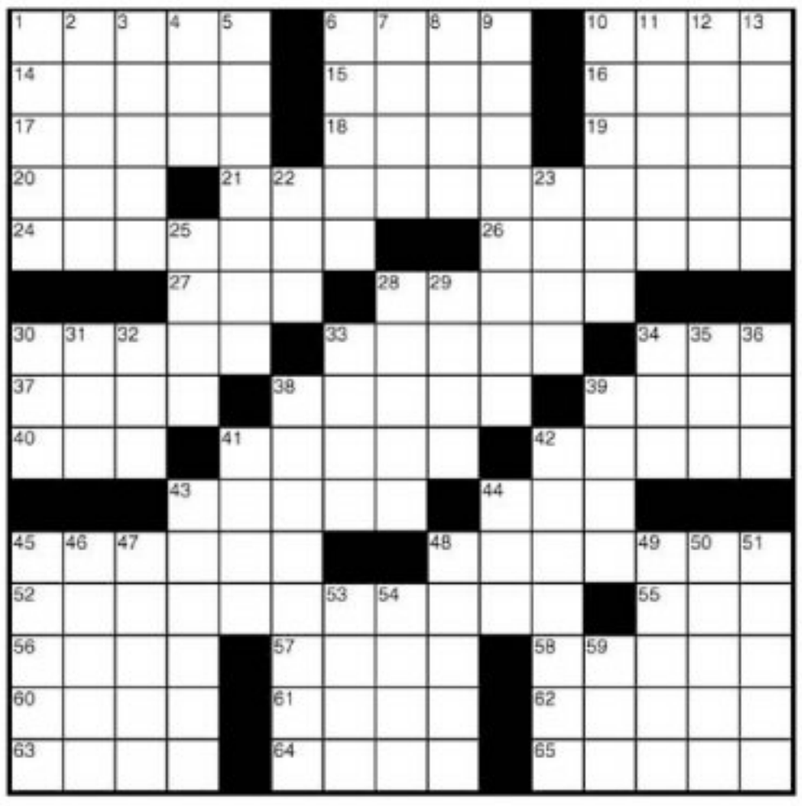
♊ Gemini **May 21-June 20.** You should take advantage of a social invitation that gives you an opportunity to meet new people. There is a strong chance that you could link up with someone exceptional.

♋ Cancer **June 21-July 22.** Lady Luck is in your corner where your financial interests are concerned. Chances are she will be arranging something quite unique, but it will require your immediate attention.

♌ Leo **July 23-Aug. 22.** t doesn't matter if your tactics appear to be strange to your associates. As long as they are tailored to suit your needs, everything should work out to your satisfaction. **BERNICE BEDE OSOL**

Across
1 Drop a glass
6 Trendy
10 Pear variety
14 — luego!
15 — - — -tat-tat
16 Soprano's counterpart
17 Gain admission
18 Dolly and her clones
19 Use a spatula
20 Not sm. or med.
21 Fiber sources (2 wds.)
24 Left in the lurch
26 Assert without proof
27 Tattoo site
28 Brawl
30 Athletes
33 100 kopecks
34 — wheel
37 Autobahn vehicle
38 Beatles' "Eleanor"
39 Raspberry stem
40 Mo. multiples
41 Keg stoppers
42 Blandly urbane
43 Groovy
44 Stick up
45 Cellar access
48 Spooky
52 Thingamajig
55 Carioca's home
56 Diatribe
57 Really impresses
58 Fix a manuscript
60 Adams or Brickell
61 Found a roost
62 Cast a shadow
63 Got a load of
64 Sudden urges
65 All-out

Down
1 Rock ledge
2 Tropical fruit
3 Late bloomer
4 Sault — Marie
5 Bays
6 Squeaking noise
7 Goldie of "Laugh-In"
8 Gossip tidbit
9 Offhand
10 Stump
11 Dragon puppet
12 Hurt a little
13 Grove
22 Not RAM, but ...
23 Beat a retreat
25 S.A. monkey
28 Humid
29 Subsides
30 Blue-gray bird
31 Not just my
32 Boombox platters
33 Ice palace
34 Meadow murmur
35 Mdse. bill
36 "Golly!"
38 Escapes (2 wds.)
39 Windy City team
41 Laird's accent
42 Closest to now
43 Was the right size
44 Sorority letter
45 Fallen-rock debris
46 Bootlicker
47 Comics orphan
48 Main points
49 Buy a round
50 Grammy winner — Ronstadt
51 Matterhorn echo
53 Ply a gondola
54 Bed size
59 Electrical unit



7			3					
	3			1			6	
8		4	2	6	9			
6		8		4		7		
	1						2	
		7		2		6		3
			6	9	5	8		4
	9			7			5	
					4			7

SUDOKU **LEVEL: EASY**

		6		4	5	3		
2					6		8	
8	4							
1			4		2		5	
7		4				1		2
	9		1		7			6
							1	9
	1		9					3
		9	5	7		6		

SUDOKU **LEVEL: HARD**

Solution to yesterday's crossword

R	A	J	A	H	■	R	E	P	S	■	T	S	A	R
A	G	O	R	A	■	A	Y	L	A	■	B	O	N	E
M	E	E	T	S	■	B	R	O	W	N	O	U	T	S
■	■	■	E	S	P	I	E	D	■	I	N	L	E	T
S	N	A	R	L	E	D	■	■	O	P	E	■	■	■
A	I	R	I	E	R	■	J	U	M	P	S	H	O	T
L	A	C	E	D	■	L	U	R	A	Y	■	A	W	E
A	C	T	S	■	N	A	D	E	R	■	W	Y	N	N
M	I	I	■	R	A	N	G	Y	■	M	I	D	I	S
I	N	C	H	A	R	G	E	■	H	E	L	E	N	E
■	■	■	A	K	C	■	■	P	A	L	I	N	G	S
F	U	G	U	E	■	A	P	E	M	A	N	■	■	■
I	N	U	N	D	A	T	E	D	■	N	E	W	E	R
L	I	L	T	■	S	E	A	R	■	I	S	E	R	E
M	V	P	S	■	H	E	R	O	■	E	S	S	A	Y

How to play Sudoku: Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

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Third wheel? All hands on deck in a crowded outfield

Phillies using committee after deadline deals ◗ Mayberry, Brown, Nix, Pierre, Schierholtz all stating case ◗ Cloyd set to go on three days' rest

The toughest job Charlie Manuel has each day is selecting his third outfielder. It's a given that John Mayberry Jr. will be in center. Domonic Brown will either be in left or right. But after that, well it's a game-to-game decision.

"The outfield is tough," Manuel said. "I want to see [Laynce] Nix. Nix can hit. He can hit the ball by people. I like [Nate] Schierholtz. He's a good right fielder. He hits right-handed pitching better than he hits left handers."

Schierholtz, who is back after breaking a toe last month, wants to make an impression.

"I want to show what I can do," Schierholtz said. "Now is the time to do it."

There's no secret that Manuel loves writing Juan Pierre's name in the lineup. The Phillies skipper noted that he must put the aging speedster in the lineup due to certain matchups. Last night was one of those favorable ones for the plucky veteran. Pierre singled in the first and doubled leading off the third. Each time he scored.

"I just do whatever I have to do every day," Pierre said. "I work hard whether I'm in the lineup or not."

Pierre is often the first player on the field before a night game. By 3 p.m., he's usually running in the outfield.

"I take this very seriously," Pierre said. "I'm going to do all that I can to help this team make the playoffs. We have a real chance to get there."

Like each of the third outfielders, Pierre has a flaw. He has a rag arm. So that doesn't make it easy on Manuel.

"I have some decisions to make everyday," Manuel said. "We're in the frame of mind that we want to win every night."

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▶ Pierre went 3-for-4 with a key RBI double last night against Miami. The game ended too late for this edition.

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Horst's role, Cloyd to start

Since Kyle Kendrick moved to the starting rotation and Raul Valdes went on the disabled list for the season, the Phillies lost two long men. Who is filling that void now? How about Jeremy Horst?

"I think Horst is the guy that can give you some innings [out of the pen]," Manuel said. "I like him. He needs to keep pitching. He's pitched real good for us."

Tyler Cloyd will start tomorrow's game vs. the Astros on three day's rest. Don't expect more than 90 pitches, according to Manuel.

3

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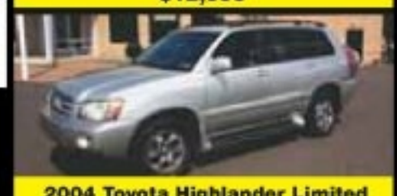

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Eagles' Ryans thriving as three-down player

MLB solid after tough preseason • Sees majority of snaps in opener • Draws praise from his head coach

After a sluggish preseason, doubts started to creep in about the overall worth of DeMeco Ryans.

The new middle linebacker was brought in to clog the middle and lead the Eagles' defense. Then, three days before the opener, his role was reduced in practice. Ryans was taken out of the nickel package. Last Sunday, Ryans proved the preseason might be meaningless after all. He played all three downs in Cleveland, on the field for 60 of 62 defensive snaps.

"I'll tell you that he did a good job and played well," coach Andy Reid said of Ryans. "DeMeco was really a two-down player in the last year or so for the Texans. I thought that he could be a three-down player."

GETTY IMAGES

Ryans

Ryans was in the middle of everything, too — none more crucial than a textbook stop on a crucial 3rd-and-1 play. After the game, he was quick to defer praise.

"We did a good job, but it's not just linebackers, its everybody … it's defensive line, they put pressure on the guys, getting off blocks, stopping the run," Ryans said. "It takes us all, we don't separate our group, it's not just linebackers, we're all together." METRO

Roster moves

- The Eagles signed **WR Mardy Gilyard** yesterday and added him to the 53-man roster. To make room, they cut **S Jaiquawn Jarrett**. The Temple star had a tough preseason, and injured his shoulder.
- The team signed **TE Derek Carrier** to the practice squad and released **TE Chase Ford**.

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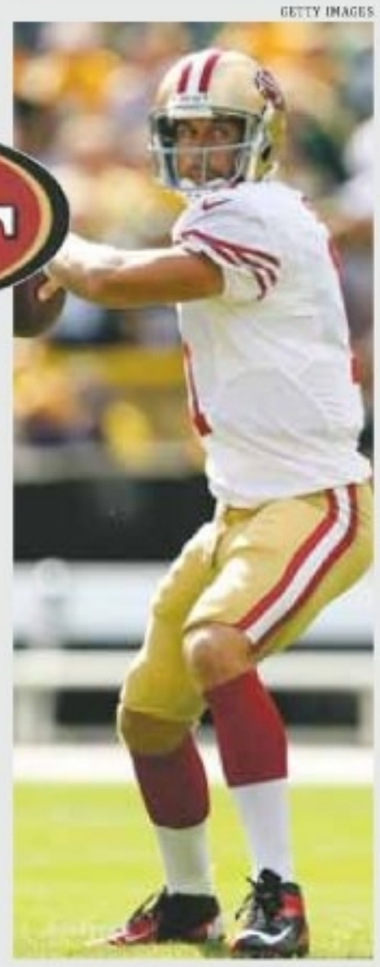

1 49ERS (1-0)
They have the best defense and best coach in football. Heck, even Randy Moss contributed. They spent an entire year battling to earn some respect from the league and media. They made the NFC Championship game. And they still were picked to lose to the Packers without putting up much of a fight. Jim Harbaugh and crew wanted to make a statement in Week 1, and make a statement they did. They earn our top spot.

2 PATRIOTS (1-0)
Teams have had two years to gather tape on tight ends Aaron Hernandez and Rob Gronkowski, and still no one has an answer for either of them.

3 RAVENS (1-0)
It's time to stop hating on Joe Flacco. He can make all the throws and this team is loaded on offense, for a change. Watch out, NFL.

4 BRONCOS (1-0)
So much for worrying about all that rust on Peyton Manning. It's like he never left. And he has a much better all-around defense in Denver than he had in Indy.

5 FALCONS (1-0)
The aerial show they've been building and investing in is better than advertised. Did you see Julio Jones on Sunday?

6 COWBOYS (1-0)
Tony Romo always looks good in September, right? DeMarco Murray and Kevin Ogletree look like solid contributors as well. For now, they are contenders.

7 BEARS (1-0)
Naming former Vikings head coach Mike Tice offensive coordinator was maybe the biggest move any team made this offseason. Jay Cutler should be thankful.

8 TEXANS (1-0)
We'll take Arian Foster on one bad knee, with this dominating defense. Everyone's favorite Super Bowl pick may finally come through.

9 STEELERS (0-1)
Sure they lost to an impressive Denver team, but they were one or two plays away. Tracy Porter, anyone? Big Ben will be fine. Aren't the Steelers always in it?

10 JETS (1-0)
Who needs Tim Tebow? For one week, Mark Sanchez looked like Joe Namath. Stephen Hill looked like Don Maynard. And Darrelle Revis looked like ... Darrelle Revis.

11 REDSKINS (1-0)
Robert Griffin III isn't Cam Newton. He might be better. Put him on a team with Brian Orakpo and a motivated DeAngelo Hall, and you have a winner.

12 PACKERS (0-1)
The Pack will score points, but they won't get to where they want to go — nothing short of Super Bowl — until the defense can figure it out.

13 GIANTS (0-1)
They were due for a letdown after last year's magical run to the championship. It's too early to panic: The Giants will be fine.

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▶ Briere and the Flyers could be locked out by Saturday night.

Flyers set for NHL lockout, deadline looms

Sorry, hockey fans, there is no news to report. And no news, in this case, means bad news.

With NHL training camps set to open Sept. 21, the players and owners are at a stalemate. In fact, the two sides haven't even conducted any formal negotiations since way back on Aug. 31.

If there is no new collective bargaining agreement in place by the self-imposed Sept. 15 deadline, there most certainly will be a lockout.

"It's definitely disappointing, and I'm sure both sides have their reasons," Flyers center Danny Briere told reporters yesterday at a charity golf event. "Right now there's really nothing to negotiate about, from both sides' perspective."

The NHL underwent a painful lockout just seven years ago, which caused fans to lose interest in what is widely considered the least popular of the four major sports. Some Flyers players have expressed interest in playing overseas if a lockout occurs.

"The fans came back [in 2004-05], but at some point, you can't take them for granted," Briere said.

The Flyers are scheduled to open their season at home Oct. 11 against Boston. The preseason opener is slated for Sept. 25 against Chicago at the Wells Fargo Center.

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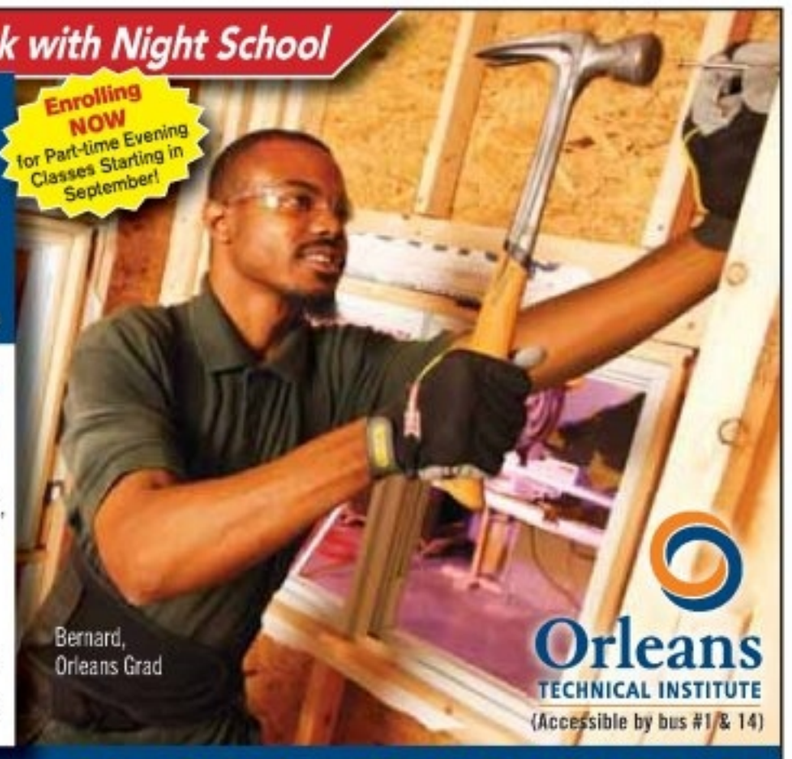

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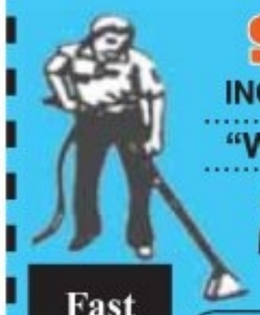

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Your guide for buying in a new development

As the housing market reels from the fall it took in back 2008, buying a pad in a new building is a smart idea, says Stephen G. Kliegerman, president of Halstead Property Development Marketing.

"You're starting to see more new developments come back to the pipeline," he says. "In 2012 we've seen a real incredible turnaround in the ability for developers to provide new condominium product that will hit the market anywhere from now through 2012, 2013 or 2014."

Combine that with low interest rates (expect 2¾ to 3¾ percent interest, Kliegerman says), higher rents due to low vacancies and the opportunity to build equity by paying your own mortgage, and it's no wonder that the case is being made for ownership. If you're ready to buy, Kliegerman says primarily you need to ensure you're fiscally ready to do so.

"The first thing you should do is make sure that your credit is in good shape. No. 2 is, you need to have a down payment. You're probably going to be putting down 20 percent, so you want to start saving money. Usually a developer will have a relationship with a bank who is their preferred lender and they'll send you to that bank to get qualified."

At the bank, have ready two current pay stubs, your latest two years of tax returns, a letter of employment and any bonus history you have for the past two or three years, he says. Plus: "They're gonna want to run credit, and they'd like to see credit over 700."

Once your finances are squared away, your search can be that much smoother. If you're looking in a new development, Kliegerman advises finding a developer with a solid reputation.

"Almost every developer at some point has somebody who isn't satisfied, but what you're looking for is somebody with a healthy track record," he says. "Someone who responds to problems if they occur." To find a good developer, Kliegerman advises searching on the Internet (maybe the building you're interested in has the developer's bio on its website), researching the broker and asking friends who own homes.

MEREDITH ENGEL
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"You're getting a better quality home, and some would say you're also getting a better quality neighbor," Kliegerman says. "Because they have invested interest in maintaining the value of their property, they're gonna take care of their home better — which means maybe they won't be as noisy, maybe they'll be more courteous in the hallways."

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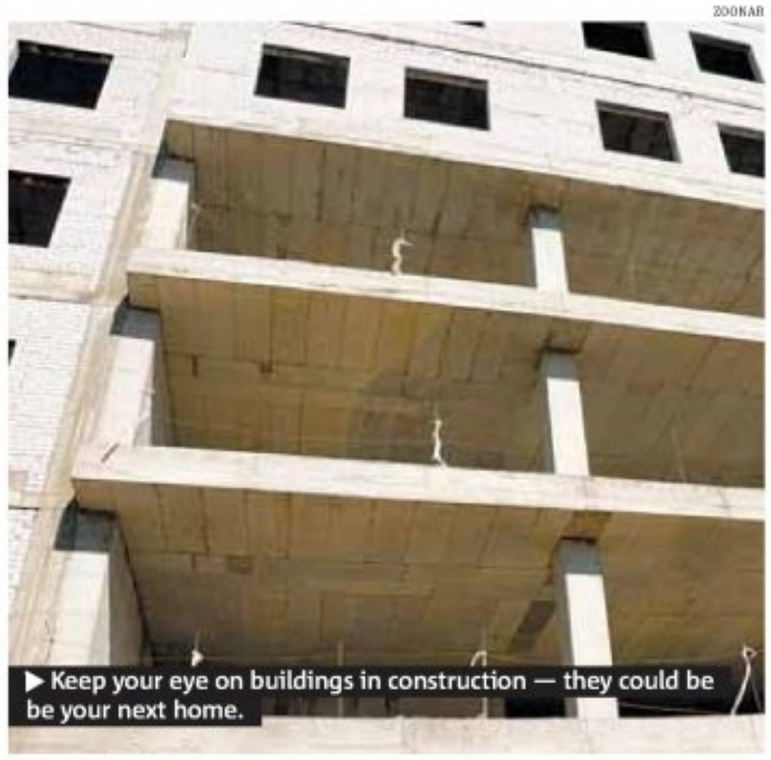

▶ Keep your eye on buildings in construction — they could be be your next home.

When you've found a property you like, it's important to move quickly

"Look for any building that's being constructed or any vacant land and start to do research," Kliegerman says. "Contact your local broker if you have one, take a look online. ... Then I would try to contact either the broker or the developer early on to get on their predevelopment list, because once those buildings come up to market, basically we go down the list: We call those people who called us first. So the earlier you get in, the better ability you'll have to get an apartment there [and] to get your choice of what's available. We start taking names sometimes the day that construction starts or even sometimes before, and we keep those lists all the way until through when we open. It could be anywhere from 12 to 24 months, typically."

Help for those with poor credit

"There are ways to enhance your credit and there are credit counselors that are very good at helping you do that," Kliegerman says. "The worst that you can do is start to close lines of credit, believe it or not. Every time you close a line of credit — this is what I've been told — your score goes down because the idea is that you can't afford to have the line of credit. You actually want to establish more credit — you don't want to use it, you just want to establish it. And don't be late. The worst thing is late payments."

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at home with metro

A whole new kind of open house

Before leaving Philly for a warmer life down South, the McQueen family is inviting audiences into their Mayfair home for a special performance

Like a lot of people who have earned the right to call Philadelphia home, Kendra McQueen has mixed feelings about the city — especially as the air begins to cool. "If the house doesn't sell quick, I'm not spending another winter in Philadelphia," says McQueen, before quickly adding: "I can be a little cynical about Philadelphia, but I do love it."

McQueen, who lives with her family in Mayfair, had been entertaining a move to Fort Lauderdale, Fla., when she read about Headlong Dance Theater's latest project, "This Town is a Mystery," in Metro. The troupe was looking for families to not only host a Live Arts production in their homes, but to create and star in the show, as well.

For McQueen, the project presented an opportunity to share her family's Philadelphia story before saying goodbye. "I'm a spiritual person, so I look at it from a higher place," she says. "My higher power is saying, 'I'm going to help you make this decision to move — but at the same time, I'm going to give you these great last memories.

The McQueens were one of the four households chosen to develop a performance about their lives with professional guidance from Headlong. The family was ahead of the game: Kendra, a social worker, has a background in performing arts, her 12-year-old son is a ballet dancer, her stepdaughter is a cheerleader at Penn State and her husband had no qualms about singing a little Sinatra in front of strangers.

After buying tickets, audience members will find out which house they're going to. Everyone is asked to bring a dish to share after the performance — as well as their own story about this mysterious town.

MONICA WEYMOUTH
monica.weymouth@metro.us

HEADLONG DANCE THEATER

▶ "This Town is a Mystery," starring the McQueen family, runs through Sept. 22. For tickets, visit www.livearts-fringe.org.

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For more information, call toll-free **1-888-442-9012**

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The person depicted is a model used only for illustrative purposes.

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Qualified participants receive:

- Study-related care and study medication at no cost
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For more information, call toll-free **1-866-241-0991**

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Qualified Participants receive

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For more information, call local toll-free **1-877-823-5439**